

# FGYSL 2016 Calendar, Age Matrix and Small Sided Game Changes

## Small Sided Game Initiative/Header Policy

### Executive Summary

1. U6: 4v4 players, 30x20 yard pitch, No Goalkeepers, 4'x6' goal, #3 ball, no headers, no camping line, no offside, 4 periods of 8 minutes, 5 minute breaks, limited substitutions
2. U8: 4v4 players, 30x20 yard pitch, No Goalkeepers, 4'x6' goal, #3 ball, no headers, no camping line, no offside, 3 periods of 15 minutes, 5 minute breaks, unlimited substitutions
3. U10: 7v7, 47x30 yard pitch, Goalkeepers (no punting), 6.5'x18.5' goal, #4 ball, no headers, add build out line, offside called, 2 periods of 25 minutes, 10 minute breaks, unlimited substitutions. The build out line, is found 14 yards from each goal line. Goal area will extend 10 yards from goal line, and goal area will be 20 yards wide. **Punting the ball is not allowed** as this would defeat the purpose of the build out line and reduces the opportunity to play out of the back in an unpressured setting. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal. Field width is a maximum of 30 yards. With goals being 18.5 feet wide, or about 6 yards, the distance to reach the goal on a corner kick is reduced, thus the need to elevate a corner kick is reduced.
4. U13 (now includes all U11 and U12) – No changes.

### Header Policy

1. CYSA policy is no headers in game for U12 and under. No practicing headers for U10 and under. For U12 that heading training be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week. Impact for Implementation of Header Policy – Use of head is indirect free kick

### Age Matrix (USSF)

2016-2017

U13 2004

U12 2005

U11 2006

U10 2007

U9 2008

U8 2009

U7 2010

U6 2011

U5 2012

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## **FYGLS 2016 Season Dates –**

Team Listing/ Practice Game requests (U10 and U12) Due to League Scheduler - Sept. 2, 2016

Team Listing due to Registrar – September 3, 2016

Practice games U12 and U10 – Sat. Sept. 10, 2016

Seeding Tournament U12 and U10 – Sat./Sun. Sept. 17 and 18, 2016

1st Half League Season Start – Sat., Sept. 24, 2016

FGYSL Photo Day (except SAS and Gibson) -

1st Half Season end – Sat. Oct. 15, 2016

Bye Week – Sat. Oct. 22, 2016

2nd Half Season Starts – Sat. Oct.29, 2016

2nd Half Season Ends – Sat. Nov. 19, 2016

Playoff/Championship – Sat. Dec. 3, 2016